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NEWS
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SHARING.

'Clear your conscience'

Mother imploring partygoers to tell cops what they know about her daughter's murder 3 years ago **PAGE 2**

Cash vs. cleanup

Mayor Savage promises to give all the resources needed to clear the snow after unseasonably heavy start to winter **PAGE 3**

Ehlers shines for Mooseheads in comeback win

Euro forward helps beat Saint John **PAGE 16**

MONEY MAY NOT BUY YOU LOVE ...

BUT IT CAN BUY YOU LIKE **PAGE 8**

Tips sought on victim's final hours

Matthew Penney.

Murder victim last seen on New Year's Eve in Dartmouth

Collecting information

Anyone with information is asked to contact police or Crime Stoppers via phone, email or text message.

Major crime investigators in Halifax are being cautious about the information they release about a recent murder in order to get unbiased tips from the public, according to an RCMP spokesperson.

Police said Saturday the last known location of Matthew Anthony Penney was in north-end Dartmouth on New Year's Eve — but they didn't specify where or when the 26-year-old was last seen alive.

"If we get too specific, people will be swayed by that," explained RCMP Cpl. Scott MacRae in an interview Sunday. "We're releasing north-end Dartmouth because we're comfortable that's where he was last seen, but we still want the public to provide information that's not been directed by us."

Penney's burnt body was found at the entrance to Oakfield Provincial Park on New Year's Day.

Police haven't released any information about the cause or circumstances of his death, including whether the man died at the park or elsewhere.

It's also not clear yet whether the murder was a random act.

MacRae said investigators are working to construct a timeline of Penney's movements in the hours before his death.

"They're getting information from a lot of sources and they want it to continue, but ... we want all information coming in to not be impacted by what we release," he said.

RUTH DAVENPORT/METRO



MELANCHOLY IN MALMO

Canadian players, from left, Anthony Mantha, Zach Fucale, who plays for the Halifax Mooseheads, and Charles Hudon react after losing 2-1 to Russia in the bronze-medal game at the IIHF World Junior Hockey Championship in Malmo, Sweden, on Sunday. The setback marked the second straight year Canada failed to medal at the tournament. Coverage, pages 4 and 17.

FRANK GUNN/THE CANADIAN PRESS



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Torina Simon, left, and her husband Noel talk to Metro last January about the unsolved murder of their daughter Keya, who was killed in Dartmouth in January 2011. Inset: Keya Simon JEFF HARPER/METRO; FACEBOOK

Three years of grieving for Keya

Jan. 8, 2011.

Murder victim's mother still telling daughter's story in hopes of prompting someone to talk to police

Torina Simon's bubbly grandson brings her plenty of joy, but the three-year-old is also a constant reminder of her daughter's unsolved murder.

"I see Key'vontay, and he looks just like her," she said Sunday. "His eyes, his face ... he looks exactly like his mother."

Keya Simon, 19, died when she was stabbed during a party at her sister's apartment on Pinecrest Drive on Jan. 8, 2011.

Keya's half-sister, Tiesha Allison, was stabbed during the same altercation — but so far police have not laid any charges in the case.

As the three-year anniversary of the murder approaches, Simon said she remains furious at Allison for not telling police what happened that night.

"She's got the attitude of, 'Who cares about Keya,'" said Simon. "That's what really keeps me away from her, because I want to put my hands around her neck and get myself in trouble."

Simon said she's routinely approached by people who try to tell her rumours about Keya's death, and she routinely implores them to go to the police — to no avail.

She appealed to the 30 people who were at the party that night to give investigators the information that could lead to charges.

"You need to clear your conscience and stop trying to hide it," she said. "You're keeping a secret that could set somebody

'Nothing's been done'

No word from investigators: Mother

Torina Simon says it's been about two years since she's heard any updates from detectives assigned to the murder of her daughter, Keya.

"There's no sense calling them," she said. "They've got no information, so why am I hurting myself more?"

Although Simon said she

understands police need to build a case, she's frustrated by the lack of activity, given that her daughter was stabbed at a party attended by 30 people.

In particular, Simon said police should focus on her other daughter — Keya's half-sister, Tiesha Allison — who was stabbed in the same altercation as Keya.

"It's up to the police to bring her in," she said. "If not, there should be some kind of inquiry, because nothing's been done."

free or put them in jail."

Although she remains committed to seeking justice for Keya, Simon said she has found ways to cope, reconnecting with her faith through a baptism last May.

She said the baptism helped her focus on raising three-year-old Key'vontay — and preparing to eventually tell him what happened to his mother.

"In order for me to give him the truth, I have to keep myself at peace, in spite of every-

thing," she said. "I don't want it to come across angry, I don't want him when he gets older to be angry at God."

In the meantime, she said she's learned to be grateful for the daughter who she remembers for her ebullient smile and constant phone calls — usually just to say "I love you."

"The last time I talked to her was 7:30 that night. She told me she loved me," Simon said. "If I get upset, I think about that." **RUTH DAVENPORT/METRO**

Dartmouth

Man threatened with gun at bus terminal

Three men face charges after police say someone was threatened with a gun at a Dartmouth bus terminal on Saturday night.

Police say a security guard at the terminal on Nantucket Avenue saw a man threaten another man with a gun around 9 p.m.

The suspect, along with two others, left in a taxi, police say, and were located on Grove Street a short time later.

Armed police surrounded the taxi and the three men were taken into custody. Police say a loaded handgun was found inside the cab, along with a pellet handgun.

The three men, aged 19, 20 and 25, will now appear in Dartmouth provincial court on Monday to face weapons-related offences.

Police say the victim in this case hasn't been located. **METRO**

Millbrook First Nation

Shooting suspects slapped with robbery charges

Halifax police say a man and woman arrested following a New Year's Day shooting on Millbrook First Nation face additional charges related to an attempted robbery at a gas station in Fall River.

According to police, Maquell Weatherbee, 25, and Robert Paul, 21, were involved in the Millbrook incident in the early hours of Jan. 1, which saw a 25-year-old man shot in the arm and a 19-year-old man pepper sprayed.

Around 8:30 p.m. that same day, Paul allegedly stabbed a convenience store employee during a botched robbery at the Petro-Canada on Highway 102 in Fall River.

Emergency responders took the employee to hospital with non-life-threatening injuries. He has since been treated and released.

Officers arrested the suspects without incident early Thursday at an apartment on Galaxy Avenue in Dartmouth.

The two are being charged with attempted murder, assault and robbery. **METRO**

Quoted

"I'm trying to keep my head up and ... look after Key'vontay and keep him happy and safe, but at the same time, I'm broken. But I just have to keep going."

Torina Simon, mother of murder victim Keya Simon

Lt. Andrew F. Webster

Body of local sailor returns home from the Seychelles islands

The body of a Canadian warship crew member who was found dead while on shore leave in the Seychelles islands in the Indian Ocean will be returned to Halifax on Monday.

The Department of National Defence says a private repatriation ceremony for family and friends of Lt. Andrew F. Webster will take place at the Halifax Stanfield International Airport around 2 p.m.

Webster was serving on board HMCS Toronto, which has been part of counterterrorism and anti-piracy operations in the Arabian Sea for most of the year.

The military says Webster, a 15-year member of the Canadian Armed Forces, was found dead in his hotel room on Thursday afternoon.

Lt.-Col. Christian Lemay said an autopsy has been conducted by local police and another will be conducted by Canadian officials.

The military said his death was not combat-related and that foul play is not suspected.

Defence Minister Rob Nicholson offered his condolences to Webster's family last week.

"The loss of any member of the Canadian Armed Forces is tragic and affects each and every one of us on the defence team," Nicholson said in a statement.

THE CANADIAN PRESS

Snow-clearing budget getting plowed over

Oddly wicked winter.

Mayor pledges to give all 'resources necessary to get the job done'

GEORDON OMAND

halifax@metronews.ca

Snow crews in Halifax have had their work cut out for them this winter — most recently with clearing the 25 centimetres of snow that blanketed city streets in Friday's whiteout blizzard.

The season's higher-than-usual storm activity has led city officials to re-examine the money it spends on snow removal.

"We will be looking more closely at the budget over the coming weeks," said Darrin Natalino, acting superintendent of winter works for Halifax Regional Municipality, on Saturday afternoon.

"Typically, we don't see this much storm activity through December and into January," he said. "It's definitely been a rough go but it's a matter of public safety, so we're certainly not going to let that purse empty out."

Mayor Mike Savage said during an interview on Saturday the city would budget what it needs to provide the public with safe streets.

"We will give all the resources necessary to get the job done," said Savage.

Snow-clearing operations were in full swing over the



A sidewalk plow works near the Nova Scotia legislature in blizzard conditions in downtown Halifax on Friday. ANDREW VAUGHAN/THE CANADIAN PRESS

weekend, said Natalino, with crews working non-stop, day and night, beginning Friday.

"At the full height of things ... there were well over 200 plows on the roads," he said.

By Saturday afternoon, crews had cleared 90 per cent of city streets.

According to Environment Canada, this winter has been "out of the ordinary" for Halifax.

"It's a little unusual, the number of storms we've had through December," said meteorologist Linda Libby.

"We normally don't see (that) happening until January and February."

Natalino said he hopes residents recognize the commitment Halifax snow crews make to the city.

"In the end, we all want to get home safe and sound, just like everyone else."



A brave Haligonian on Friday. ANDREW VAUGHAN/THE CANADIAN PRESS

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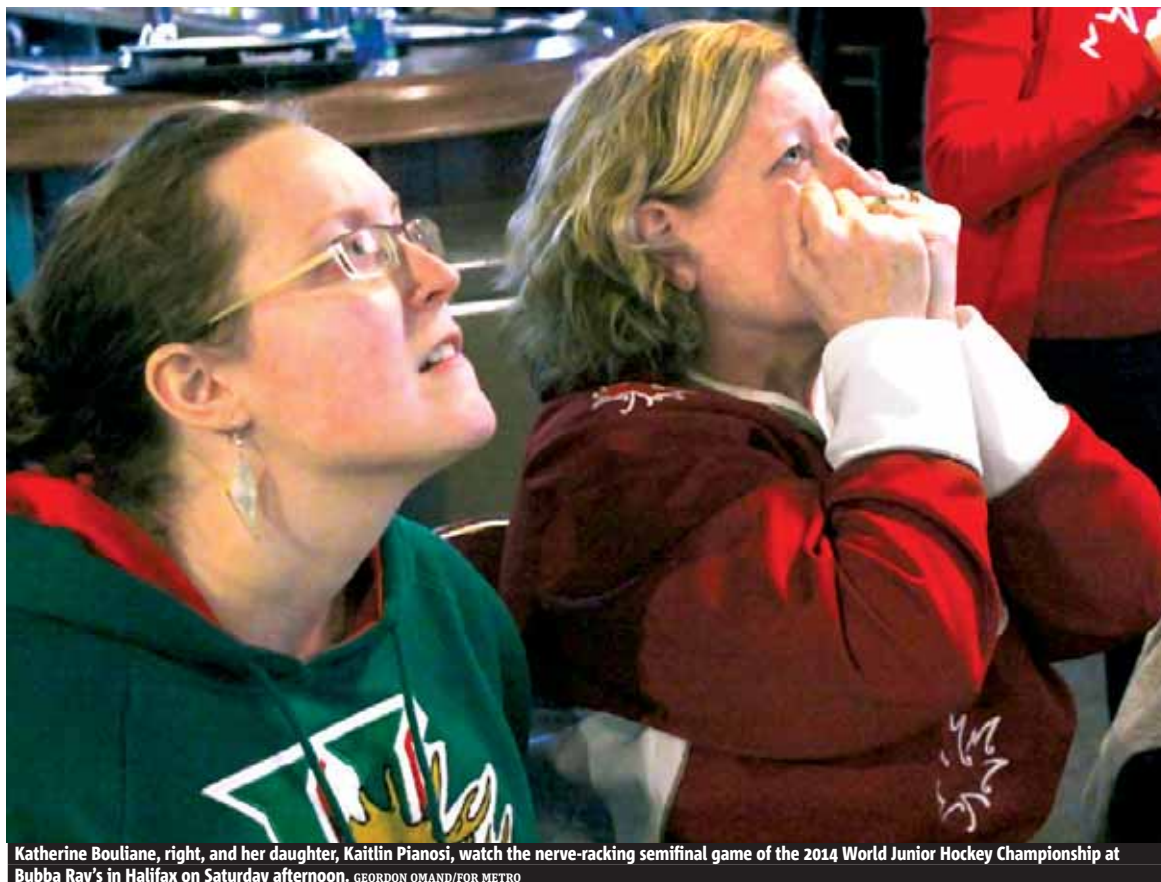
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Haligonians still proud of Jonathan Drouin, Zach Fucale



Katherine Bouliane, right, and her daughter, Kaitlin Pianosi, watch the nerve-racking semifinal game of the 2014 World Junior Hockey Championship at Bubba Ray's in Halifax on Saturday afternoon. GEORDON OMAND/FOR METRO

World Juniors. Halifax hockey fans hit bars to watch Saturday's semifinal

Even though Canada isn't bringing home gold again from the World Junior Hockey Championship, Halifax hockey fans were full of praise for the two Mooseheads players sporting the country's colours in Sweden.

"(Jonathan) Drouin played awesome. I mean, he makes us so proud," said fan and self-described hockey mom Katherine Bouliane following Canada's 5-1 loss to Finland in semifinal action on Saturday. "And (goalie Zach) Fucale's doing great."

"That first Moosehead game they're back, everyone's going to be pumped."

Red-and-white-dressed supporters packed Bubba Ray's on Saturday in downtown Halifax to watch what turned out to be a nerve-wracking semifinal matchup.

"My feelings have been going up and down," said Bouliane.

"I'm yelling at the TV and I shouldn't be doing that."

Saturday's loss put Canada

Coming home

- Jonathan Drouin and Zach Fucale of the Halifax Mooseheads are both scheduled to return home for some rest now that the tournament has ended. Both players could be back in the Mooseheads lineup Friday when the team hosts the Moncton Wildcats.

out of the running for first place. The team went on to lose Sunday's bronze-medal game 2-1 to Russia.

Even though hockey fan Ryan Duff referred to himself as "a gold-or-nothing kind of guy," he enjoyed taking in the semifinal game at a downtown watering hole.

"You have hundreds of people cheering for the same team — it's awesome," he said.

Other spectators had more pragmatic reasons to be out enjoying the game at a bar.

"I don't have cable at all. That's probably why I'm here," said Cape Breton native Trevor Murphy, smiling.

Nonetheless, Murphy opted to dress in both a red jersey and top hat for the occasion.

GEORDON OMAND/FOR METRO

Ottawa won't scrap Cyclone chopper purchase

The federal government has decided not to scrap its troubled purchase of CH-148 Cyclone helicopters.

Instead, Ottawa will go ahead with its plan to acquire the maritime choppers to replace the decades-old CH-124 Sea Kings, which it will start retiring next year.

The plan to replace the 50-year-old Sea Kings — which

fly from the decks of Canadian warships — is years behind schedule, millions over its original price and is apparently beset with technical glitches.

Last year, the Public Works Department indicated it was looking at other aircraft because Cyclone manufacturer Sikorsky had delivered just four test aircraft, which National Defence has refused to

formally accept.

Public Works had previously asked for an independent analysis of whether Sikorsky could deliver what it promised.

The government says that report found the program to replace the Sea Kings "would be viable with a different project structure and governance model."

A news release issued late on Friday afternoon says the air force will have fully capable Cyclone helicopters by 2018.

Public Works Minister Diane Finley said Sikorsky has agreed to deliver the new helicopters without any additional cost to the federal government.

THE CANADIAN PRESS



Canadian soldiers board a Sea King helicopter in Shearwater on July 30. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

Mental health awareness

Rallies held to support Nichele Benn

Peaceful demonstrations were held across Nova Scotia Sunday in an effort to raise awareness of people with mental health issues clashing with the law, and to promote a change to the system.

The protests were held in Lower Sackville, Truro, Windsor, New Minas and Yarmouth, all outside of local RCMP stations.

The demonstrations were in support of Nichele Benn.

Due to a health condition, Benn, 25, is prone to violent outbursts. She resides at the Quest Rehabilitation Centre in Lower Sackville and has found herself in trouble with the law numerous times over the years due to not

being able to control her aggressive outbursts.

"She has been arrested and she is being fingerprinted in Lower Sackville today (Sunday) and we're here to show that she is not alone and that people with disabilities have health concerns and it's a health issue and it's not a criminal issue," said Nancy Spicer, the primary adviser for Windsor People First, during its protest. HANTS COUNTY JOURNAL



People holds signs at a rally for Nichele Benn in New Minas on Sunday. KING'S COUNTY REGISTER

Cape Breton

Police investigate suspected arson

Police and Glace Bay firefighters had more than snow to deal with at the height of a substantial blizzard that raged across Cape Breton Island.

Both were on scene at a fire at a suspected arson case at Nicole's Barbershop on McKean Street around 8 p.m.

on Friday, and then police had to check out the latest instance of damage to Platinum Fitness on Gracie Street early Saturday morning.

Police say the fire resulted in significant damage to the entrance of the barbershop.

"We are deeming it suspicious, there is no question," said Staff Sgt. Kenneth O'Neil of the Cape Breton Regional Police Service.

CAPE BRETON POST

Alberta, B.C. look into moving oilsands crude by rail: Report

'Viable alternative to pipeline movement.' Environmental group calls idea 'underhanded,' says it raises safety questions in light of recent train accidents

A task force report has been handed in to the British Columbia and Alberta governments that examines the

idea of transporting oilsands crude via rail if proposed pipelines don't get the green light, government documents show.

It's an idea the environmental group ForestEthics calls "underhanded."

It's a "backdoor way for industry to bring tankers to the coast without the same sort of public oversight or public process that we've had around the Enbridge pipeline or would have around the Kinder

Morgan pipeline," said Ben West, campaign director for ForestEthics.

A joint provincial working group was announced by premiers Christy Clark and Alison Redford in July to develop recommendations related to energy exports and the opening of new export markets for products like bitumen for the two provinces, including pipeline and rail transport.

"Rail can be considered a viable alternative to pipeline

Details

The task force is led by Steve Carr, Deputy Minister of Natural Gas Development in B.C., and Grant Sprague, Deputy Minister of Energy in Alberta.

movement based on costs of transport," the terms of reference for the group states. "If pipelines are not developed, rail will step into the void to

deliver bitumen to the West Coast."

West said the report raises safety questions, especially in light of two recent high-profile train accidents.

Oil transport by rail has become a contentious topic after a train containing crude oil derailed and exploded in Lac-Mégantic, Que., in July, killing 47 people, and another train exploded without injuries last month in North Dakota.

"Myself and other people

were pretty freaked out about what happened there," West said of the two fiery blasts.

The provincial working group was mandated to submit a report to both leaders by the end of December.

An Alberta government official did not respond to a question about the completion or release of the report, while an official in Clark's office said the report is complete but that no date has been set for a public release. **THE CANADIAN PRESS**

'Big rate of increase'

More boreal forest protected, but challenges remain: Group

Canada has made significant strides in protecting the vast boreal forest that stretches across most of its provinces and territories, but the world's largest intact forest ecosystem still faces threats, says an environmental group.

The amount of boreal forest under some form of government protection has doubled since 2007 to about 12 per cent of the total area, biologist Jeff Wells of the Canadian Boreal Initiative said recently.

"That's a big rate of increase in a short time and we're hoping that's going to continue," he said.

THE CANADIAN PRESS

New Brunswick

Officials grappled with telling public about unsterilized forceps

Officials at New Brunswick's largest health authority deliberated for three months whether to inform the public about unsterilized biopsy forceps before finally releasing the information and advising patients to get tested for hepatitis and HIV last year.

Documents recently released outline how staff with the Horizon Health Network spent weeks trying to assess the risk to patients.

THE CANADIAN PRESS



Midwest, Northeast brace for 'polar vortex'

A person struggles to cross a street in blowing and falling snow Sunday in St. Louis. While much of Canada was in a deep freeze, snow-covered roads, high winds and ice were creating dangerous driving conditions from the Midwest to the Northeast U.S. on Sunday ahead of a "polar vortex" — a counterclockwise-rotating pool of cold, dense air that is set to affect more than half of the continental U.S. throughout Sunday and into Monday and Tuesday, with wind chill warnings stretching from Montana to Alabama. **JEFF ROBERSON/THE ASSOCIATED PRESS**

No injuries reported. Plane from Toronto slides off runway at N.Y. airport

A plane from Toronto slid into snow as it turned onto a taxiway after landing at John F. Kennedy International Airport on Sunday, halting flights at the airport for two hours and causing residual delays.

"It could have been worse, a much worse scenario," Jordan Houlton told reporters after he emerged from Delta Connection 4100 along with 34 other passengers and crew members about 90 minutes after the slippery diversion of the aircraft.

Federal Aviation Administration spokeswoman Kathleen Bergen said there was no immediate report of injuries after the plane landed safely at 8 a.m., only to lose its footing and slide into snow as it turned from the runway onto a taxiway.

The plane was then towed to a gate with passengers on board, she said.

The Port Authority of New York and New Jersey, which operates the airport, said operations for domestic and international flights were suspended for about two hours because of slick runways, leaving passengers at crowded gates. Flights resumed after 10 a.m. on two of the airport's four runways, but residual delays for passengers were expected to linger.

The landing came two days after a major snowstorm dumped 15 centimetres of snow in New York City, forcing the cancellation of hundreds of flights and stranding passengers both in the city and throughout the world who were heading to New York. Passengers from cancelled flights continued to fill the few remaining seats on many planes already crowded by holiday travellers.

THE ASSOCIATED PRESS

N.L. blackouts. Premier calls for conservation during 'critical period'

Newfoundland and Labrador Premier Kathy Dunderdale says her government will be asking large consumers of energy to conserve power as the province grapples with power outages and rolling blackouts following a heavy storm.

Dunderdale said energy conservation would be paramount in the coming weeks and large consumers of energy will be

asked to close or reduce operations over the next few days.

"We're looking at customers in the province who use a lot of electricity ... and see if we can have access to that power over the next number of days until we get through this critical period," said Dunderdale at a news conference in St. John's. "But everybody has a role to play in this." **THE CANADIAN PRESS**



A member of the al-Qaida-linked Islamic State of Iraq and the Levant (ISIL) gives a lecture at an engineering college in the northern city of Raqqa, Syria. ISIL and rival rebels clashed in Syria on Sunday, undermining the broader opposition movement to oust President Bashar Assad. THE ASSOCIATED PRESS FILE

Syrian rebels, al-Qaida-linked group at odds

Opposition. Bloody fighting that began Friday expands over the weekend

Syrian opposition fighters battled rival rebels from an al-Qaida-linked faction across parts of northern Syria on Sunday, as deep fissures within the insurgency erupted into some of the most serious and sustained violence between groups opposed to President Bashar Assad since the country's conflict began.

The clashes, which broke out on Friday and have spread to parts of four provinces, pit an array of moderate and ultraconservative Islamist brigades against the Islamic State of Iraq and the Levant, an extremist group that has become both

Brutality

- Some in northern Syria originally welcomed the Islamic State of Iraq and the Levant for imposing a degree of order on the villages and towns that fell under its control.
- But the group alienated many by employing tactics deemed brutal even by the standards of Syria's bloody conflict. Its fighters have beheaded captured government fighters, and kidnapped anti-Assad activists, journalists and civilians seen as critical of its rule.

feared and resented in parts of opposition-held areas for trying to impose its hardline inter-

pretation of Islam.

The fighting did not appear to be a turn in unison by Syrian rebel groups against the Islamic State of Iraq and the Levant, activists and analysts said, but rather an outburst of violence against the al-Qaida-linked group in certain communities where tensions with other opposition factions were already simmering.

In a reflection of the fragmented and localized nature of much of the fighting in Syria's civil war, the Islamic State of Iraq and the Levant continued to co-operate with rebel factions against government forces in other parts of the country.

But in some corners of opposition-held northern Syria, the backlash against the Islamic State of Iraq and the Levant has been brewing for months.

THE ASSOCIATED PRESS

Survivors sought after India building collapse

Rescuers using backhoes and shovels searched for survivors Sunday under a massive pile of broken concrete and dust that was left when a residential building under construction collapsed in southern India, killing at least 15 workers.

Authorities suspected dozens more may be trapped under the rubble, but were still trying to determine how many workers were on site when the five-storey structure crumpled Saturday afternoon in the state of Goa. Witnesses reported seeing at least 40 workers.

Soldiers and firefighters listened for movement or cries from the wreckage as they worked overnight to clear the debris, state official Venancio Furtado said.

At least 10 people were pulled out alive overnight, but the chance of finding survivors was dwindling, Furtado said. By Sunday afternoon, the death toll had reached 15, according to the state government.

Goa Chief Minister Manohar Parrikar said he ordered a review of the construction project, after seeing cracks that developed in the adjacent apartment building constructed by the same company, Mumbai-



Rescue workers search the debris of a building that collapsed in Canacona, India, on Sunday. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Common occurrence

- Building collapses are common in India, as massive demand for housing and lax regulations often encourage builders to cut corners by using sub-standard materials or add unauthorized extra floors.

based Bharat Developers and Realtors Pvt. Ltd.

"The design is faulty, which

is why the tragedy happened," Parrikar said.

Police began investigating both the building company and city officials who approved the construction on a patch of marshland in Canacona. But they have been unable to track down the construction manager and building contractor.

"Without the contractor, it is impossible for us to know how many labourers were on the shift," said state official Ajit Panchwadkar.

THE ASSOCIATED PRESS



Bangladesh elections marred by violence

A police officer kicks a suspect following an attack on a polling station in Bogra, north of Dhaka, Bangladesh, Sunday. Police fired at protesters and more than 100 polling stations were torched in Sunday's general elections marred by violence and a boycott by the opposition, which dismissed the polls as a farce. At least 18 people were killed. THE ASSOCIATED PRESS

Czech Republic

Illegal weapons found after fatal blast

A total of 12 illegal weapons were found at the Palestinian embassy complex in Prague where a possible booby-trapped safe killed the ambassador, police said Sunday.

The deputy Palestinian foreign minister, however, denied



Jamal al-Jamal
CTK/THE ASSOCIATED PRESS FILE

the weapons were illegal.

A police spokeswoman declined to give more details, citing the investigation.

Ambassador Jamal al-Jamal, 56, died Wednesday after an embassy safe exploded. The ca-

reer diplomat had only started his posting in October.

Deputy Palestinian Foreign Minister Taysir Jaradat said Sunday "these guns were either licensed in the embassy or were given as gifts to the ambassador.... They are not in use."

The ambassador's death is being investigated as a case of negligence.

THE ASSOCIATED PRESS

Student allowed to use medicinal pot in the vice-principal's office

Marijuana vaporizer. Noah Kirkman's device is no bigger than a walkie-talkie



JEREMY NOLAÏS
Metro in Calgary

Smoking marijuana on school property would land most high schoolers in the principal's office, but Noah Kirkman

is actually encouraged to head there and ingest the drug.

The 15-year-old Western Canada High School student is a licensed medicinal marijuana user after finding the drug far more effective than prescription offerings for treating Tourette Syndrome and attention-deficit disorder.

"It doesn't have any withdrawal effects and I can't (overdose) on it," explained the confident student, who has aspirations of practising photojournalism someday. "It

helps me keep calm; it helps me keep focused."

Kirkman received his licence in September and he and mother Lisa say they proactively approached Calgary Board of Education administrators to discuss terms on how the teen could ingest his medicine on school property.

At first, it was thought Kirkman could use his "one-hitter," which looks like a cigarette, out front of the school. But when it became too cold it was agreed he could pop by

the vice-principal's office and use his marijuana vaporizer three times a day, before class, after class and over the lunch hour.

Kirkman's device is no bigger than a walkie-talkie and he simply flicks a switch that heats his medicine to 367 F.

The CBE would not confirm the Kirkman family's account, citing privacy concerns, and said it doesn't have information to indicate whether other students have been granted similar concessions to use

marijuana on school property. But Kirkman and his mom were interviewed separately to determine whether their accounts check out and Metro was provided with proof of the teen's medicinal marijuana licence.

Lisa is also a licensed marijuana user and no stranger to generating headlines for her use of the drug. In 2011, she and three others ingested marijuana using a vaporizer aboard a WestJet flight bound for Toronto.



Noah Kirkman's vaporizer, which he uses inside his Calgary high school.
COURTESY NOAH KIRKMAN



Elizabeth Howell is seen in this photo taken on Saturday, en route to the Mars Desert Research Station near Hanksville, Utah. CONTRIBUTED

The Martian Chronicles: Ottawa woman researches life on Mars

An Ottawa woman is living like a Martian for the next two weeks in a Utah desert research facility designed to simulate life on the red planet.

Elizabeth Howell, a Carleton University graduate and aerospace science PhD student in North Dakota, joins a six-member crew in the Mars Desert Research Station near Hanksville, Utah. One crew member is from France and four are from the U.S.

The MDRS is a two-floor, 1,200 square foot facility,

equipped with bathrooms, bedrooms, and ladders to access a common area. Unable to speak by phone Sunday, she wrote in an email to Metro that her living arrangement is like staying at a cabin, but with a space twist.

"It's powered by generators, we have limited running water, and we leave the habitat in groups of at least two for safety reasons," wrote Howell. "The twist is that once we enter the simulation, we generally only wear spacesuits while

we're outside. That's because on Mars, you would need a spacesuit to survive."

Howell was selected to participate in the program run by the not-for-profit group, The Mars Society, until Jan. 20. She is also a freelance journalist for several science publications.

She will act as an observer and document her journey for Space.com as well as gather information for the crew's experiments.

While she said she believes humans will one day

inhabit Mars, she's not interested in being one of them if it means there's no return flight home.

Christy Foley, a 32-year-old Edmonton woman (see sidebar), is one of the latest to make the short list for a one-way trip to Mars in 2024 through The Mars One Project, developed by Dutch space entrepreneur Bas Landorp.

Howell is also tweeting about her experience at twitter.com/howellspace.

JOE LOFARO/METRO IN OTTAWA

MARS ONE: SNAPSHOTS

Seventy-five Canadians were among 1,058 shortlisted candidates for a one-way ticket to Mars in a colonizing mission being organized by Mars One, a Dutch not-for-profit foundation. Here's a look at one of the possible "human ambassadors on Mars."

LEAH GERMAIN/METRO IN EDMONTON

To infinity and beyond!

Edmonton's Christy Foley, 32, and her husband both applied for Mars One.

"I've always loved space and the idea of colonizing and expanding," said Foley, who works for the Alberta government. "I grew up on Star Trek Next Generation, which makes me a bit of a nerd."

While Foley was shortlisted, her husband was not. "It was definitely disappointing," Foley admitted. "He was ecstatic that I was picked and I love him for it."

Foley said her husband plans on continuing to apply for future applications for the mission.

"I think what I will miss the most is the ability to go out in nature," Foley said about the possibility of a one-way ticket to Mars. "We will be surrounded by machines forever. Though, part of the plan is to develop our own farms and orchards, so I hopefully won't have to miss the feel of nature for long."

Foley said thanks to volunteer work with the Girl Guides of Canada, she has a great sense of leadership and extensive experience with first aid.

Foley will have to complete a medical examination and have a "job interview" as part of the four-round selection process.

She expects the process to be complete by 2016, with training kicking off for the selected few in 2017 and a departure date set for 2024.

"It's definitely not going to happen tomorrow," she laughed. "I will get to enjoy some time with my family while I am here."



'Click farms' sow social media buzz

Click, click, click.
Making it look like you've won friends and influenced people has become big business



'Click farms' inflate social media numbers. STEPHEN LAM/GETTY IMAGES

Celebrities, businesses and even the U.S. State Department have bought bogus Facebook likes, Twitter followers or YouTube viewers from offshore "click farms," where workers tap, tap, tap the thumbs up button, view videos or retweet comments to inflate social media numbers.

Since Facebook launched almost 10 years ago, users have sought to expand their social networks for financial gain, winning friends, bragging rights and professional clout. And social media companies cite the levels of engagement to tout their value.

But an Associated Press examination has found a grow-

ing global marketplace for fake clicks, which tech companies struggle to police. Online records, industry studies and interviews show companies are capitalizing on the opportunity to make millions of dollars by duping social media.

For as little as a half cent each click, websites hawk everything from LinkedIn connections to make members appear more employable to Soundcloud plays to influence record label interest.

THE ASSOCIATED PRESS

Five 'click farm' facts

1. A click farm is a business that sells clicks for fans, likes, followers, views and more.
2. People buy clicks to boost their social media numbers, which can lead to profits and popularity.
3. Buying and selling clicks violates social media user rules but is not regulated by U.S. state or federal agencies.
4. Click farm revenues are estimated to be worth hundreds of millions.
5. Sellers offer clicks for Facebook, Twitter, LinkedIn, Instagram, Pinterest, SoundCloud, YouTube, Vimeo and more.

Tokyo auction

Bluefin tuna prices take a nosedive

Sushi restaurateur Kiyoshi Kimura paid 7.36 million yen (about \$70,000 US) for a 230-kilogram bluefin tuna in the year's celebratory first auction at Tokyo's Tsukiji market on Sunday, just 5 per

cent of what he paid a year earlier despite signs that the species is in serious decline.

Environmentalists say growing worldwide consumption of bluefin tuna is leading to its depletion, and that those in charge of managing fisheries for the species are failing to take responsible action to protect it.

THE ASSOCIATED PRESS



Sushi restaurateur Kiyoshi Kimura poses with a 230-kilogram bluefin tuna. THE ASSOCIATED PRESS

2012	SUPREME COURT OF NOVA SCOTIA	Hfx. No. 372383
Between:	LAURENTIAN BANK OF CANADA, a chartered bank, - and - EVELYN ANN HUNT and THE ESTATE OF JAMES FREDERICK HUNT	PLAINTIFF DEFENDANTS
NOTICE OF SUBSTITUTE SERVICE		
TO THE DEFENDANTS:		
<p>TAKE NOTICE that an action has been started by the Plaintiff against you in the Supreme Court of Nova Scotia with the Notice of Action and Statement of Claim having been filed with the Prothonotary's office at The Law Courts on 1815 Upper Water Street, Halifax, Nova Scotia, B3J 1S7 and a copy of the same can be obtained by you at the Prothonotary's office.</p> <p>FURTHER TAKE NOTICE that an Order has been issued from this Honourable Court for Substitute Service of the Notice of Action and Statement of Claim pursuant to Civil Procedure Rule 31.10 of the Nova Scotia Civil Procedure Rules and accordingly this published notice amounts to, in part, substituted service in accordance with that Order.</p> <p>FURTHER TAKE NOTICE that there is a deadline for defending this action and accordingly, to defend this action you or your counsel must file a Notice of Defence with the Court no more than 30 days after this Notice of Action has been served by way of substituted service.</p> <p>FURTHER TAKE NOTICE that the Court may grant an Order for the relief claimed without further notice unless you file the Notice of Defence before the above-noted deadline.</p> <p>FURTHER TAKE NOTICE that if you do not have a defence to the claim or you choose not to defend it you may come if you wish to have further notice, file a Demand for Notice.</p> <p>TAKE NOTICE that any documents you file with the Court must be filed at the office of the Prothonotary, The Law Courts, 1815 Upper Water Street, Halifax, NS (Telephone 902.424.4900).</p> <p>Dated at Halifax, in the Halifax Regional Municipality, Province of Nova Scotia, this 20th day of December, 2013.</p>		
<p>John S. McFarlane, Q.C. Stewart McKelvey Barristers & Solicitors Suite 900 - Purdy's Wharf Tower One 1959 Upper Water Street Halifax, NS B3J 3N2 Telephone: 902.420.3315 Facsimile: 902.420.1417 Solicitor for the Plaintiff</p>		



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MCNEIL BROS BIDDING BLUNDER?

It is too soon to draw conclusions, but the patronage portents from Stephen McNeil's first three months in power are not promising.

First, there was the case of Glennie Langille, the defeated Liberal candidate and former party communications chief. Without benefit of a competition, McNeil handed her an \$85,000-per-year plum as the province's new chief of protocol.

The apolitical position — which involves coordinating official ceremonies, hosting royal and other high-mucky-muck visitors, and managing the Order of Nova Scotia — was previously held by a public servant.

There was no good reason, and no need, for McNeil to plop the job back into the fetid patronage pool.

That he publicly defended his appointment ("a great choice") and dismissed criticism ("I've answered more questions here from each of you," he told reporters, "than I have from anyone out on main street") shows McNeil sliding down the slippery, entitled-



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

to-his-entitlements slope that would eventually cost Darrell Dexter his job.

The latest example — awarding a tender to a freshly formed consulting company owned by Chris McNeil, the premier's brother — is more complicated.

The \$16,750 contract, which is renewable for up to four years, is to devise a training course for the transportation department's 40 compliance officers, the folks who inspect heavy commercial vehicles at highway weigh stations.

McNeil's company, Seventeen Consulting — named after the 17 siblings in the McNeil family? — was one of three bidders. Although tenders closed Oct. 30, the province didn't post the results until Dec. 30.

The province says it referred the contract to Conflict of Interest Commissioner Merlin Nunn "as a precaution," but it doesn't say when, or if that was the reason for the delay in awarding it.

A possibility

The McNeil contract and the bidding process may have been entirely above board, as may be the fact that Seventeen Consulting wasn't officially registered with the Registry of Joint Stocks until the day after the tender closed.

The McNeil contract and the bidding process may have been entirely above board, as may be the fact that Seventeen Consulting wasn't officially registered with the Registry of Joint Stocks until the day after the tender closed. Chris McNeil, the former HRM deputy police chief, is certainly qualified for the contract. And he shouldn't be denied the opportunity to participate in a legitimate bidding process simply because he is the premier's brother.

There is some doubt of the benefit, but no doubt Stephen McNeil has used up his benefit-of-the-doubt card.

ZOOM

Here fishy, fishy, fishy



CHUNG SUNG-JUN/GETTY IMAGES

South Korean festival gets off to icy start

A child casts a line through a hole into a frozen river during an ice fishing competition at the Hwacheon Sancheoneo Ice Festival over the weekend in Hwacheon-gun, South Korea.

The annual event attracts thousands of visitors and features a mountain trout ice

fishing competition in which participants compete with traditional lures or with bare hands.

The festival is a big deal for the country. It was recently selected as one of the representative festivals by the South Korean government and CNN declared it one of the seven winter wonders in 2011.

GETTY IMAGES

Running through Jan. 26

- The exhibits include the Ice Sculpture Park, Michelangelo Special Exhibition and the 3D Digital Gallery.
- In addition to ice fishing, there is also sleigh-riding, snow-sledding, and a daily ice show.



An angler's catch of the day.

GETTY IMAGES

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online store that allows music fans to purchase albums directly from the artist, often allowing purchasers to name their price. But wait! There's more! You can also preview albums in their entirety before buying. It's a can't-miss proposition, so swing by and check out these Canadian artists.

The Royal Streets:

Relentlessly pleasant acoustic pop music, buoyed by plenty of cooling and a classic rock flavour. It's the type of music you'll often come across in coffee shops, complete with the gentle, raspy voice and quiet crash cymbals. Sunday morning music, in other words.
(theroyalstreets.bandcamp.com)

Sean Nicholas Savage:

There's a staggering amount of music on this Montreal musician's page, and it's always hard to find a "skippable"

song in the bunch. Sunny pop, piano ballads, moody electro. It's all here. A prolific writer and a busy tourer, there's a good chance he'll be in your town sometime this year.
(seannicholassavage.bandcamp.com)

Jonathan Atkins:

A singer-songwriter with a devastating ear for harmonies and a delicate touch with lyrics that slide perfectly into a horrid winter. There's a definite Celtic touch, but far sweeter than something like Mumford and Sons.
(jonathanatkins.bandcamp.com)

Twitter



@metropicks asked: Hey travellers! Don't tip if you're at a Miami Beach eatery. Restaurants/bars automatically add 15 per cent gratuity. Should they?

@novascotiarasta: Considering low-paid servers, be fair, add it upfront. Don't have them work (or not work) for tips.

@mcmounce: Gratuity inclusion should be clearly advertised but isn't as well as tourists exemption from sales tax

@RMichaelRoberts: automatic tip

only if servers inform and remind customers that Tip is already applied and no further tip required

@tikerikani: The food isn't worth the price at all, tip or not

@bhofley: Don't think so. Removes any incentive for them to provide good service.

@Lowpass: they do cause snowbirds are notoriously bad tipppers and wait staff make like \$7.80/hr in florida. 15% is minimum.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

Ebooks



Guillermo del Toro's Cabinet of Curiosities

By Guillermo del Toro
& Marc Zicree

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MIND THE APP
Kris Abel
@RealKrisAbel
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While making movies, Guillermo del Toro (Pan's Labyrinth, Pacific Rim) keeps imaginatively illustrated journals. Select pages are used here for a fascinating discussion about his influences and obsessions, with contributions by James Cameron, Tom Cruise and Alfonso Cuarón. Thankfully, you can double-tap and zoom to explore their worlds in intimate detail.

Box office

Disney freezes out demons

On a wintery weekend, Disney's Frozen retook the box-office top spot with \$20.7 million US, freezing out the horror spinoff Paranormal Activity: The Marked Ones. According to studio estimates Sunday, Paramount's The Marked Ones debuted in second place with \$18.2 million US, a total that includes Thursday night screenings.

THE ASSOCIATED PRESS



Emile Hirsch, right, had to prove he belonged among the brave and brawny to land his role in Lone Survivor, which opens Friday. CONTRIBUTED

How Hirsch got huge

Lone Survivor. Actor was told he didn't have the 'physicality' to play a SEAL — cue to Rocky theme song

MATT PRIGGE

Metro World News in New York

Emile Hirsch isn't a ripped type, like his Lone Survivor castmates Mark Wahlberg and Taylor Kitsch. Yet he plays a SEAL in the adaptation of Marcus Luttrell's book, which details a mission gone disastrously awry when a quartet of soldiers went to capture or kill a Taliban leader in 2005 and wound up ambushed, fighting for their lives. Hirsch, who plays soldier Danny Dietz, says it was intensely difficult — which is exactly what he wanted.

What drew you to playing a SEAL?

A lot of people when they think of Navy SEALs, they think of this G.I. Joe type. When I read the book, I realized that's not who Danny Dietz was. He was someone I could really relate to. He was an artist. He was a great drawer. He was a quiet, serious person who was soft-spoken. But when that switch flipped he was all business.

The film isn't particularly jingoistic, but it also doesn't get into the question of whether war is just or not. It's not a political movie. It's not a movie that dabbled in, "Should we be there?" It's on a smaller scale. It's about representing the type of person or the type of courage it takes to be one of these soldiers.

Was it difficult convincing Peter Berg to cast you as

one of the toughest kinds of soldiers?

Peter Berg flat-out said to me when I first tried to get the part, "You don't have the physicality. No offence, man." I just wanted to be in the movie so badly. I didn't take no for an answer. I kept on emailing him and calling him and texting him and writing him letters. Eventually he sent me this text that just read, "Show up at Gold's early tomorrow." I wrote him back and said, "Early? What time?" No response. So I realized, "OK, this is a test." I woke up at 3:30, and I went to Gold's in Venice Beach and waited there for them to come and unlock it. The guy came at 6 to open it up. He was like, "Alright, man, come back here at 8:30, Peter will be here." So I went and took a nap at my buddy's apartment.

I went back, I just followed Peter, who was working out like a beast with a trainer. At the end of the day, Pete took

me aside and was like, "How badly do you want to be in this movie?" I was like, "Really f—ing bad." He was like, "How hard do you want to work?" I said, "I'll be here every day." He said, "Alright, that's what you're going to do, six days a week." I asked if he was giving me the part. He said, "No." So I trained six days a week for hours and hours a day. It was three months before they gave me the part. They were trying to simulate an environment that would make me want to quit. I never did.

How was getting out of shape after the movie wrapped? Did your body just rebel against you?

It sucked. I tried to keep lifting and keep training. I couldn't keep my body at the same level, because you'd have to train four or five hours a day. It was a withdrawal. All of a sudden you're back to this unstructured life.

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Pixies surprise again with EP2

Black Francis.
Singer talks about the attention span of the digital world and hiding away to make music

PAT HEALY
Metro World News in Boston

After not releasing any new music for more than 20 years, The Pixies dropped EP1 in 2013 with very little lead-up time. The band did it again last Friday with EP2, four rocking new songs from the same sessions that yielded EP1, produced by Gil Norton.

Singer Black Francis says that doing a “sneak attack” release seems like the most logical way to put out music in the ever-changing digital era, an era that finds The Pixies facing a lot of internal adjustments as well. He says the events of the past year have functioned in essence to “change our whole



Black Francis sat down with Metro to talk about The Pixies' latest release, EP2. GETTY IMAGES

paradigm, basically.”

Founding bassist Kim Deal quit the band earlier in 2013, and the remaining members sacked replacement Kim Shattuck this fall. The Pixies singer says he was surprised with how newsworthy the splits with both Kims were.

In conversation, the man who became known for cryptic lyrics that went from whispers to shouts within seconds can go from jovial to frustrated in just as little time. What sometimes initially reads as a harsh reaction is often tempered by a laugh.

What was behind your idea to release your first new music in 20 years without any announcements leading up to it?

I suppose it has to do with the digital distribution of music, more than anything, and the digital distribution of news

and publicity statements, for that matter. Everything happens quickly and you don't need a record company. You don't even really need a publicist! That doesn't mean that you don't use these kinds of people, but you can do everything from your iPhone, in theory.

When you release announcements like that one and when you released EP1, did you keep pressing “refresh” on your Internet browser all day to see what kind of impact you were making?

Not me, personally. I don't think anyone in the band watches this from a business point of view, in terms of the things that you could monitor.

We know that our manager monitors all of these kinds of things and what he's able to put into a nice, concise email, he'll put it in and say: “So, you know that release thing that we did a while ago? Here's what happened: You sold five copies in Egypt, 100 copies in Canada, 500 copies

in the U.S.A.,” and he'll give us the whole breakdown.

As far as musicians are concerned, we're pretty content to see what the buzz is, based on what our Twitter feed looks like, or whatever feed the various band members are tuned into. That's my particular preference, Twitter. I don't have any use for the Facebook thing. I participated in that for some years, but I just found at the end of the day it was too annoying. So I got rid of my Facebook account.

I've heard EP2 now and it does seem like the original intention was to do a full length album when you guys recorded both of these EPs, because they definitely sound like birds of a feather.
Yeah. I mean, it's a season's worth of music. You go into the studio for a couple of months and you make a so-called record, whatever that is. You make a pile of songs, 15 songs, 20 songs, something like that. Bigger than a breadbox!

Getting to know TV stars

Metro caught up with a few of the actors who will be on your tube this winter.



Hawaii Five-o

Grace Park of Hawaii Five-o

Which TV cop duo or team would you most like to partner up with?
Poncho from CHiPs.

You're stranded on a deserted island — what's the one thing you would bring?
Lost DVD set.

ON GLOBAL ON FRIDAY - 9 P.M. ET/PT



NCIS: LA

Eric Christian Olsen of NCIS: LA

Which TV cop duo would you most like to partner up with?
CHiPs. 'Cause four wheels move the body, two wheels move the soul.

ON GLOBAL JAN. 14 - 9 P.M. ET/PT



Chicago PD

Sophia Bush of Chicago PD

Who's your dream buddy cop?
I have a pretty serious obsession with Woody Harrelson's work. And he's playing a cop on his new show. I'd love to trade thoughts with him!

ON GLOBAL ON WEDNESDAY - 10 P.M. ET/PT

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Kate Winslet. ALL IMAGES GETTY

Lutz gets it on: Cyrus wrapped around Twilight star at end of 2013

Miley Cyrus is apparently starting the New Year with a new man in her life, having been spotted getting frisky with Twilight star Kellan Lutz at a Las Vegas nightclub just before New Year's Eve, according to E! News. "They were making out and didn't seem to care who was watching. It

wasn't a secret that they were together," a source says. "She kept grabbing him throughout the night. You can tell he was into her, but at times he looked like he was uncomfortable with all the attention they were getting at the club."



Twitter



@ElizabethHurley

About to go on a 8km toboggan ride. Help....



@mindykaling

You know it's time to put away your phone when you're like: hm, what's the worst thing I could tweet that would end my career irrevocably?



@SarahKSilverman

On my tombstone I just want it to say, "I'm cold"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jay and Bey's sex-toy bill will take your breath away



STARGAZING

Malene Arpe
scene@metronews.ca

Happy New Year...

According to a report, Beyoncé and Jay Z spent \$6,000 on sex toys. Perhaps someone should explain to them that there's absolutely no need for anything to be gold-plated.

Lily Allen refers to fellow pop stars as "a bunch of sterile bleeping Botoxed idiots that stank of desperation."

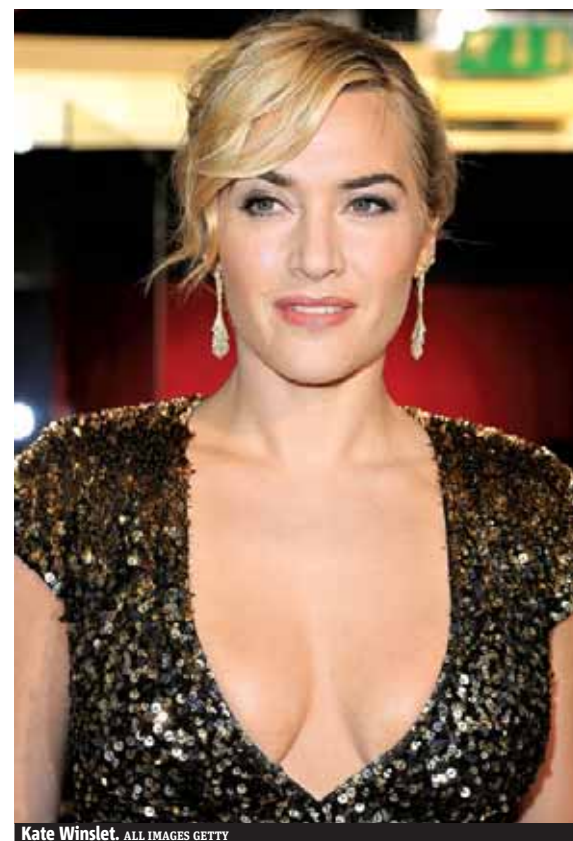
She later apologizes and clarifies that, "I have no way of knowing whether it was Botox or Restylane."

Ariana Grande says her Twitter haters are "evil as hell."

Just to clarify, Ariana Grande's personal Scale of Terrible Evil begins with "pinching" and ends with "food colour in water balloons."

Prince William will be attending Cambridge University to study agricultural management. Meanwhile, Prince Harry, following up on his trek to the South Pole, plans to have himself shot out of a cannon, work the rodeo and, in general, be 300 times cooler than his brother.

If you're bored, you may as well read my blog at thestar.com/stargazing.



Kate Winslet. ALL IMAGES GETTY

Winslet can't Bear the thought of her new son being a Rocknroll-er

Kate Winslet confirms that her first child with husband Ned Rocknroll, son Bear born last month, has her last name instead of his. "Of course we're not going to call it Rocknroll," she tells the U.K. edition of Glamour. "We haven't really had that conversa-

tion. It was always going to have my name." But lest we think Winslet has been bowing to outside pressure, rest assured the actress doesn't care what other people think. "People might judge all they like, but I'm a f—ing grown-up," Winslet says.

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Safety Steps

Taking children into crowded venues

Taking young children into busy and crowded venues can often make even the most confident parents feel slightly nervous. Here are three easy and effective tips to ensure safety in crowds.

- Slip your business card in your children's pockets.
- With a marker, write your cell number on the back of your children's hand.
- For up-to-date ID purposes, take a photo of each of your children with your phone. Should you become separated



from a child, it will be much easier for you to be recon-

nected. **EVELYN HANNON, YUMMY-MUMMYCLUB.CA**

Exclusively online



Read the latest Metro content from Lyraanda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book *Reasons Mommy Drinks*, at metronews.ca/voices.

Don't clip tooth fairy's wings

Timing. A mom explains why she, and her daughter, aren't ready for the truth about that tiny fairy who leaves money in return for teeth lost by kids

**SIDURA
LUDWIG**

YummyMummyClub.ca

The other day, I lied to my daughter.

Every once in a while, she likes to go on this website called therealtoothfairies.com. She has a favourite tooth fairy, Avalane, and has been known to write her letters. At night, I take the letters out from under her pillow and put back a note, usually written in cursive so she won't recognize my handwriting.

I have mixed feelings about our scenario.

I don't like that she's found a website that basically dictates to her how she should imagine the tooth fairy. The website also charges to upgrade to different activities, which she knows I flat out refuse to allow her to do.

Does the tooth fairy really



Your kids will give you cues when they're ready to hear the truth about the tooth fairy truth. **ISTOCK**

need to be more commercial than the toonie she gets under her pillow when she loses a tooth?

However, I have no problem in general with the concept for a tooth fairy. And let's face it: realizing that the tooth fairy is just your parents is one of those rites-of-passage into older childhood. She's six. I want her to stay young for as long as she can.

Recently, after fiddling around on her favourite website and printing out a copy of her latest letter, she said to me, "Mommy, is it really just you sending me the letters?"

Usually I parent by the philosophy, "If they're old enough to ask, they're old enough to know."

So, at first I said "Yes."

And then I saw her face. She was frozen. Her mouth

did not turn up into that "I knew it!" smile.

She looked like she was willing herself not to process my words. Her eyes searched mine. She said it again, "No really, mommy. Is it you sending me the letters?"

And then I got it. She wasn't ready yet. And she was giving me a way out.

So I lied: "I'm the one who passes your letters onto the

tooth fairy and makes sure they get there."

That's when she smiled. "Oh! OK. Because everyone at school says there's no such thing as the tooth fairy — that it's just your parents."

"I tell them, 'No! My parents don't have wings! My mother's name isn't Avalane!'"

And she ran off to put her latest letter under her pillow.

I think she knows her time will come when she won't believe this anymore.

I remember the night her older brother came downstairs and said, "It's just you guys, right?" He had the "I knew it!" smile.

I think she might even know this is a game she and I play together, that as soon as she admits to knowing, the game will stop.

Recently, she woke me early to decode the cursive in the letter she found under her pillow. Avalane told her she can't wait until her current wiggly tooth falls out, and that believing is something you feel in your heart (thank you, classic Disney).

She took the letter back from me, held it against her chest and then skipped off with that smile.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN TO SURVIVE MOTHERHOOD

Pregnancy: It's not all about swollen ankles

In pregnancy, there's lots to complain about: nausea, back pain, high blood pressure, low blood pressure, swollen ankles, swollen feet, swollen everything, weight gain, constipation, random hairs, pubic-bone pain, vagina pain, breast pain, everything-on-your-body pain, sleeplessness, nightmares, night sweats; the list goes on. But there are also perks!

There is stuff you can't do

Trust me, this can be a good thing. "I'm sorry, I'd love to change the cat litter, but I guess

that's off my to-do list for the next 40 weeks." Or, "Yikes, I'd love to clean the toilet but I probably shouldn't expose myself to harsh chemicals."

Your boobs look great

The rest of your body might feel crappy, but these new buoyant breasts are a fun perk, even if they're too tender for your significant other to touch. They look great, so enjoy them.

You call the shots

No matter what, you win because you're growing a human

and nothing can trump that. Your significant other says, "I had such a bad day at work." You can reply: "Yeah, me too. Plus, it felt like someone was carving hieroglyphics into my cervix with an ice pick. Did I mention I'm growing a human? Do you mind getting dinner started?"

Random rage is justified

This is pretty self explanatory.

You can end unwanted conversations quickly

If you're in the middle of a

boring conversation, you can excuse yourself with lines like, "Sorry, I just got kicked in the bladder. There is a very good chance I might pee myself if I don't go to the bathroom immediately."

You're growing a human

At the end of the day, this is what it comes down to, right? I mean, how freaky and sci-fi cool is it that you're growing a human being inside of you? Fingernails are developing, brain cells,

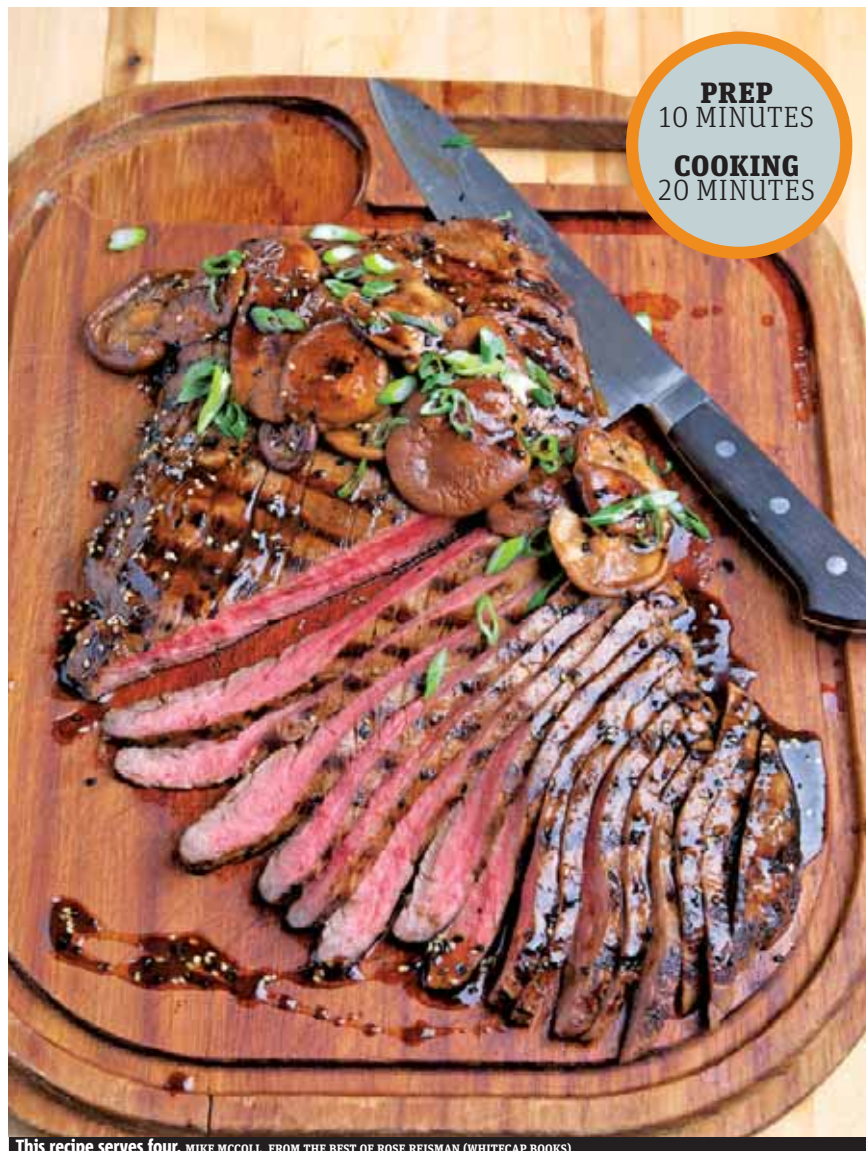


Back pains aside, you're growing a life. How amazing! **ISTOCK**

lung fibres, bones, a heart, eyelashes... Blows. My. Mind. **JEN WARMAN, YUMMYMUMMYCLUB.CA**

3 TIME

Flash food. Flank Steak with Shiitake Mushrooms & Hoisin Sauce



PREP
10 MINUTES
COOKING
20 MINUTES



ROSE REISMAN

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One of my favourite dinners for the family is a lean sliced steak with a tasty sauce and a salad to start your meal.

You can enjoy meat at least twice a week and still eat healthy — providing you're eating the right cut of beef. My go-to steak is flank since it's tender, lean and quick cooking. Consider that six ounces of flank steak has only five grams of saturated fat compared to a rib steak that has 14 grams.

There's a lot more artery clogging fat when you indulge in the fattier cut.

If you have the time, you can tenderize the flank steak by marinating in a light bottled salad dressing or any oil and acidic ingredient such as balsamic vinegar

Nutritional information

Per serving

- Calories. 429
- Carbohydrates. 21.4 g
- Fibre. 4.7 g
- Protein. 41 g

- Total fat. 18 g
- Saturated fat. 6.6 g
- Cholesterol. 111 mg
- Sodium. 680 mg

Directions

1. Combine the mirin, five-spice powder, hoisin, sesame seeds, vinegar, soy sauce and sesame oil. Pour 1/4 cup of the sauce over the flank steak, letting it marinate while you cook the mushrooms.

2. In a large skillet sprayed with the vegetable oil, sauté the shiitake mushrooms for about 12 minutes or until tender. Add another 1/4 cup of the sauce and cook one minute.

3. In a grill pan or barbecue (if you're brave enough to face the cold) sprayed with vegetable oil, grill the flank steak on medium-high heat for about 8 minutes per side or until done to your preference. Let the meat sit 10 minutes.

4. Slice the steak against the grain into thin slices, scatter the whole mushrooms overtop, garnish with the green onions.

5. Serve with the remaining sauce.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

Mushroom Hoisin Sauce

- 1/3 cup sweet rice wine vinegar or mirin
- 1 1/2 tsp Chinese five-spice powder
- 1/3 cup hoisin sauce
- 2 tbsp toasted sesame seeds
- 3 tbsp rice vinegar
- 2 tbsp low-sodium soy sauce
- 2 tbsp sesame oil

- 1 lb whole shiitake mushrooms, cleaned with stem removed
- 2 green onions, sliced for garnish
- 1 1/2 lb flank steak

This recipe serves four, MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

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Fire escape: So you've been canned, now what's your plan?

Get to the bottom of your boot. What to do after you've been terminated from your job

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When you're just getting your foot in the door, the hardest thing to contemplate is being fired.

Knowing your rights and obligations during an otherwise uncertain and difficult time will help when transitioning from one job to another. The following is a snapshot of some of the issues for you to be aware when you've lost your job:

Is the termination lawful?

While it is the employer's prerogative to dismiss employees at any time (by either having cause or providing notice or payment in lieu of notice), not all dismissals are lawful.

It is therefore crucial to determine why you've been fired. If any of the following occurs, your dismissal may not be justifiable. The following restrictions apply to Ontario only. Provincial laws vary:

- Dismissal is based on a prohibited ground under the Ontario Human Rights Code, such as disability, age, sex or sexual orientation.
- Dismissal follows a complaint of harassment or violence in the workplace.
- Dismissal follows a complaint



Getting let go from any job is tough and in many cases, embarrassing, but that shouldn't dissuade you from assessing your termination and ensuring that it accords with applicable laws. iStock

under the Employment Standards Act, 2000 (ESA) including payment of wages and overtime pay.

- Dismissal occurs during leaves of absence such as pregnancy leave and emergency leave, or immediately thereafter.

If your dismissal is based on any of the above, remember that any legal remedy you have may carry a time limitation, so it is best that you consult with legal counsel or start the appropriate process as soon as possible.

Entitlement to termination pay

Your employment may come to an end for "just cause" or "without cause."

If you've been fired for just cause, the employer has ended the relationship for a particular reason such as theft, illegal activity, excessive lying, workplace violence or other inappropriate behaviour. In this circumstance, you're not entitled to any payment as a result of your termination. These terminations are often contentious. It is important to

seek legal advice if this is the basis of your termination, as you may have been wrongfully dismissed.

If you've been fired without cause, the employment relationship has been terminated but not necessarily as a result of your actions. This is often the case where the employer is downsizing or where the relationship just isn't a good fit. In Ontario, in this case you have minimum entitlements under the Employment Standards Act, 2000 (ESA).

There is an entitlement to notice (or pay in lieu), which is based on your length of service (one week per year of service), and is currently capped at eight weeks' compensation.

In some circumstances, you may also have a right to statutory severance pay once you've worked for more than five years.

The Twitter tirade

While this is an emotionally charged time, voicing your frustration with your previous employer on social media may not be in your best interests.

- In fact, as a recently dismissed employee learned, it may result in a reduction to the settlement award they would have received from their employer. It is important to note that post-termination arrangements are confidential, particularly when dealing with negotiations and settlements.

If your employment contract does not restrict your entitlements to these minimum

standards, you may wish to negotiate for a more generous termination package that considers your length of service, your age, the nature of your position and the availability of comparable alternative employment.

On top of notice or pay in lieu of notice, you are also entitled to benefits for at least your minimum notice period under the ESA, so you should ensure that this is a part of your termination package.

If you have received less than what you are entitled to, you may also have been wrongfully dismissed.

DISCLAIMER: THIS ARTICLE IS FOR GENERAL DISCUSSION PURPOSES ONLY AND SHOULD NOT BE REGARDED AS LEGAL ADVICE.

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Ehlers' five-point night sparks Mooseheads' rally

QMJHL. Herd's leading scorer made sure team started new year on winning note



ANDREW RANKIN
andrew.rankin@metronews.ca

Just when it looked like the Halifax Mooseheads were headed for another disappointing loss, the Herd roared back.

Down 3-1 just past the midpoint of the second period, the Mooseheads responded by rattling off four unanswered goals to topple the Saint John Sea Dogs 5-3 at Harbour Station on Saturday night.

"We had our chances in the first, then we took a penalty early in the second and it seemed we really never got momentum, but we had a solid third period," said head coach Dominique Ducharme, whose team outshot Saint John 36-19 overall.

It was the Mooseheads' leading scorer Nikolaj Ehlers

Quoted

"The game was on the line and we dominated the period."

Mooseheads coach Dominique Ducharme

who stepped up, starting the Mooseheads' onslaught with a goal and assisting on the next three, finishing with five points on the night.

Co-captain Darcy Ashley made his return to the lineup after missing five games due to a concussion suffered in a road game against the Baie-Comeau Drakkar on Dec. 13. He made his presence felt with two goals and two assists. The Herd's other overager defenceman Brendan Duke also made his return after nursing a concussion for almost a month, and picked up an assist.

Ducharme is looking forward to the return of forward Jonathan Drouin and No. 1 goalie Zach Fucale now that the world juniors is over. But he said their loss as well as several other key players over the last month due to injury



Mooseheads leading scorer Nikolaj Ehlers picked up five points in Saturday's 5-3 win over the Saint John Sea Dogs.

JEFF HARPER/METRO

has served to test the mettle of the Mooseheads, who hit the road Wednesday to take on the Charlottetown Islanders.

Luca Ciampini tallied once and added a pair of assists while Timo Meier picked up a goal to round out the scoring

for the Mooseheads. Marcus Cuomo, Nicolas Hebert and Noah Zilbert responded for Saint John.

Huskies humbled in Stienburg's return



Trevor Stienburg keeps a close eye on the action in Sunday's game against the UNB Varsity Reds at the Halifax Forum. ANDREW RANKIN/METRO

Saint Mary's Huskies head coach Trevor Stienburg is back and ready to "crack the whip."

The team's longtime bench boss was none too pleased with back-to-back losses over the weekend.

"Sometimes you have to use negative reinforcement, sometimes you have to use positive reinforcement. I have to get back to the way I used to coach," said Stienburg.

After a more than two-and-a-half-month leave of

absence, Stienburg was back behind the bench over the weekend.

It wasn't close to the return he was hoping for.

He was welcomed with two straight home losses — 5-3 to the Moncton Aigles Bleus on Saturday and 6-4 to the New Brunswick Varsity Reds on Sunday.

The two results would be difficult for any head coach, and especially so for a man who stepped away from the game voluntarily to gain a fresh perspective and ultim-

ately find his old coaching self.

"I took it personally, the effort," Stienburg said Sunday in reference to the loss to Moncton. "I wear my heart on my sleeve. Everyone in the room knows it. They know how I felt about that."

"Tonight there was an effort at least. Tonight we found ways to just blow it. A lot of guys played well tonight. The complete level was there but we made some mental mistakes."

Playing against the second-place Varsity Reds, the Huskies, who welcomed former Halifax Mooseheads forward Stephen MacAulay into the lineup, played a largely solid game and looked poised for victory. Holding down a 4-3 lead with just over five minutes to go in regulation time, Saint Mary's fell apart and UNB countered with three unanswered goals, including an empty-netter, to skate away with a 6-4 win.

ANDREW RANKIN/METRO

NBL Canada

Rainmen fall hard in Moncton

The Halifax Rainmen's woes continue.

Coming off a bitter 98-88 road loss against the Saint John Mill Rats on Friday, the Rainmen were dealt a heartbreaker on Saturday, falling 89-87 to the Moncton Miracles at the Moncton

Coliseum.

Down 77-62 going into the final quarter, the Rainmen managed to rally to tie the contest at 87-87 after Olu Famutimi's basket with 19.5 seconds left in regulation. But Trayvon Lathan sealed the deal with two seconds left on the clock. Johnny Mayhane paced the Miracles with 17 points, while Rainmen guard Chris Matthews led all scorers with 21. **METRO**

NBL Canada

Hodges leaves to join Rodman in North Korea

Craig Hodges has taken a brief break from coaching the Halifax Rainmen to join forces with Dennis Rodman in North Korea.

The Rainmen's head coach, a former team-

mate of Rodman's with the Chicago Bulls, left Saturday to join a host of former NBAers who are scheduled to participate in an exhibition game against a top North Korean senior national team on Wednesday to mark the birthday of Kim Jong-un. Rodman, a friend of the controversial North Korean leader, says it's an act of basketball diplomacy. **METRO**



Craig Hodges METRO



Russian forward Alexander Barabanov eyes the puck as Canadian goaltender Zach Fucale makes a save during the second period of the bronze-medal game of the world junior championship on Sunday in Malmö, Sweden. Canada lost 2-1. FRANK GUNN/THE CANADIAN PRESS

Canada runs into Russian roadblock

World juniors. Canucks lose bronze-medal game to finish fourth for second straight year

There is hope for next year's team, but that didn't make it easier for the Canadian players that left the world junior championship without a medal for a second year in a row.

A bid for a first gold medal in five years had died with a 5-1 loss to Finland in the semi-finals, and a 2-1 loss to Russia in the bronze-medal game on Sunday left captain Scott Laughton and his teammates in a gloomy

No excuses

"Age is irrelevant because it is the best we had in our country. It's just the way it's set up."

Brent Sutter, head coach of Team Canada

mood.

"When you put on this crest and try to represent your country and can't even bring a medal back to Canada to the people who've been cheering for you, and have 4,000 fans come down here, it's heartbreaking," said Laughton.

Mikhail Grigorenko got a lucky goal off Mathew Dumba's skate and Eduard Gimatov wired a shot to the top corner

in the first period, but Canada could only answer with defenceman Josh Morrissey's first of the tournament midway through the third period against sharp Russian goalie Andrei Vasilevski.

It was the second year in a row Canada lost a bronze-medal game to Russia after a 6-5 setback last year in the Russian city of Ufa. And it marked the first time Canada has gone

without a medal at this event in consecutive years since it happened three years in a row from 1979 to 1981.

The support was there from the start from hundreds of red-and-white clad Canadian fans who went to Sweden to cheer on a team that turned out to be too young, too unlucky and perhaps not talented enough to win this year's tournament.

But next year may be different when it is held in Montreal and Toronto.

Canada brought its second-youngest team ever to Malmö — only the team that was disqualified in 1987 for a brawl with the Soviets was younger.

THE CANADIAN PRESS

Gold-medal game. Finns win all-Scandinavian final

Defenceman Rasmus Ristolainen scored at 9:42 of overtime to give Finland its third world junior hockey title, 3-2 over Sweden on Sunday.

Ristolainen picked up the puck along the right boards, beat defenceman Robert Hagg as he cut in front of the goal

and slid a backhand under goalie Oscar Dansk's right leg pad. Ristolainen has one goal in 19 games this season for Buffalo.

Finland won the under-20 event in 1987 in Czechoslovakia and 1998 at home in Helsinki. THE ASSOCIATED PRESS



World junior champions Finland celebrate Sunday's victory in Malmö, Sweden. LUDVIG THUNMAN/THE ASSOCIATED PRESS

NFL. 49ers kick Packers out of the playoffs with last-second field goal

Under pressure in sub-zero weather, Colin Kaepernick kept his cool.

Facing a blitz on third-and-eight, the elusive San Francisco 49ers quarterback scrambled 11 yards out of trouble to set up Phil Dawson's 33-yard field goal as time expired for a 23-20 win Sunday over the Green Bay Packers in an NFC wild-card game.

Doesn't matter where or when — the 49ers keep figuring out how to beat Green Bay.

"Didn't think we were going to pull it out, did you?" coach Jim Harbaugh said.

When it's Kaepernick and the 49ers facing the Packers, the game is never over. Even in the meat locker that was Lambeau Field, where the temperature at kickoff was -15 C, with a wind chill of -23 C.

No sweat for Kaepernick. He went sleeveless, and didn't wear gloves.

"I've played in cold-weather games before," he said. "I feel like it's more mental than anything."

San Francisco plays at Carolina next Sunday in the divisional round.

Quoted

"It's frustrating not to play your best game in tough conditions. Defence holds them to 23 points. We should win that game."

Packers quarterback Aaron Rodgers, who finished 17 of 26 for 177 yards and a touchdown.

Kaepernick threw for 227 yards, including a 28-yard TD pass to Vernon Davis, and ran for another 98, while Michael Crabtree had eight catches for 125 yards for San Francisco.

In a back-and-forth fourth quarter, the 49ers (13-4) threw the final punch. Kaepernick escaped a blitz to get to the 27 with 1:13 left.

"Just trying to figure out a way to get that first down," Kaepernick said. "Had a play called, we didn't get the look that we wanted. It worked out for us."

Dawson nailed the winning kick five plays later.

THE ASSOCIATED PRESS



Colin Kaepernick of the 49ers runs the ball against the Packers on Sunday in Green Bay. JONATHAN DANIEL/GETTY IMAGES

NFL. Bengals revert to being Bungles vs. Bolts

Philip Rivers' gloved hands found the right touch in the January cold.

The Bengals? They still can't do anything right when it's playoff time.

San Diego took advantage of Andy Dalton's three turnovers in the second half on Sunday, pulling away to a 27-10 victory that extended the Bengals' stretch of playoff misery to 23 years and counting.

With Rivers making accurate throws in the chilling rain, the Chargers (10-7) won their fifth in a row, beating the last

Second-half points

20

The amount of points scored in the second half — all by the Chargers.

team that had knocked them off. They'll play next Sunday in Denver, which has the AFC's top seed.

The Bengals now have the sixth-longest streak of playoff futility in NFL history, stretching all the way back to the 1990 season. THE ASSOCIATED PRESS



Evgeni Malkin had three points in the Penguins' 6-5 win over the Jets on Sunday. GENE J. PUSKAR/THE ASSOCIATED PRESS

Malkin returns to old ways

NHL. Star centre notches three points after missing time with injury

Evgeni Malkin woke up Sunday morning, texted Pittsburgh Penguins coach Dan Bylsma and told him he was good to go after missing nine games because of an ailing left leg. Sure looked like it.

The Russian star scored twice and added an assist,

helping the Penguins rally past Winnipeg 6-5 to extend their home winning streak to 12 straight. James Neal added two goals and Jussi Jokinen scored for the third time in the last two games as Pittsburgh's second line kept the Penguins in it until Matt Niskanen's slap shot with 7:22 remaining won it.

"It's always a big boost when you get a guy like (Malkin) back," Neal said. "Myself and Jussi were obviously excited. We try to feed off that.

On Sunday

6

Penguins

5

Jets

trailed by two early but came roaring back to remain unbeaten at home since Nov. 13. Marc-Andre Fleury stopped 29 shots, including three sprawling saves in the final minute.

Bylsma won his 232nd game with Pittsburgh, moving into a tie with Eddie Johnston for the most victories in team history.

"They got up on us," Bylsma said. "But there has been with this team, finding a lot of different ways to win hockey games." **THE ASSOCIATED PRESS**

Service Directory To advertise contact Tricia Brommit at 444-8329 January 6

LEGAL NOTICES

2013 Supreme Court of Nova Scotia Hfx. No. 419741

Between: **THE TORONTO-DOMINION BANK**, a body corporate Plaintiff
and
THELMA JEAN CAIN and SALYZYN & ASSOCIATES LIMITED, trustee in bankruptcy for the estate of Teresa Rose Higney Defendants

Notice of Public Auction

To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property: ALL that certain parcel of land known as 119 Alder Crescent, Lower Sackville, Halifax County, Nova Scotia also known as PID 40012361 and more fully described in the mortgage recorded at the Halifax County, Land Registration Office at document number 96019246. The parcel has been registered pursuant to the *Land Registration Act*.

The parcel is subject to an easement more fully described at the Halifax County Registry of Deeds in Book 2431 and Page 866. The parcel is also subject to restrictive covenants more fully described at the Halifax County Registry of Deeds in Book 2520 and Page 133.

A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours.

Date of Sale: Wednesday, January 8, 2014
Time of Sale: 11:15 a.m., o'clock, in the morning, local time.
Place of Sale: The Law Courts, 1815 Upper Street, Halifax, NS B3J 1S7
Terms: Ten per cent (10%) deposit payable by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

Signature
Signed on the day of November, 2013

I, Andrew Rankin
BIRCHILLS
1800-1801 Hollis Street
Halifax, NS B3J 3N4
Telephone: 902-423-6361/Facsimile: 902-420-9326
1060963/kl

Joshua J. Santimaw, Auctioneer

2013 Supreme Court of Nova Scotia Hfx. No. 418019

Between: **THE TORONTO-DOMINION BANK**, a body corporate Plaintiff
and
MAYNARD ARTHUR HARRIS Defendant

Notice of Public Auction

To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property: ALL that certain parcel of land known as Rocklyn Road, Halifax, Halifax County, Nova Scotia, also known as 12 Rocklyn Road, Halifax, Halifax County, Nova Scotia, and also known as PID 00269084 and more fully described in the mortgage recorded at the Halifax County, Land Registration Office at document number 84857961. The parcel has been registered pursuant to the *Land Registration Act*.

A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours.

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BIRCHILLS
1800-1801 Hollis Street
Halifax, NS B3J 3N4
Telephone: 902-423-6361/Facsimile: 902-420-9326
1035510/kl

Joshua J. Santimaw, Auctioneer



Raptors streak melts away

Raptors Amir Johnson, left, and Jonas Valanciunas block Chris Bosh's path to the basket during Toronto's loss to the Heat on Sunday night in Miami. The 102-97 setback ended the Raptors' five-game win streak. **MIKE EHRLMANN/GETTY IMAGES**

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Luge

Canadians take silver ahead of Sochi Games

Canada continued to push towards its first Olympic luge medal, winning silver in the team relay at a World Cup event on Sunday in Königssee, Germany.

Sam Edney, Alex Gough and Justin Smith, all from Calgary, and Tristan Walker of Cochrane, Alta., joined forces to win silver in two minutes 44.499 seconds.

THE CANADIAN PRESS

NCAA men's basketball

Aztecs end Jayhawks' home winning streak

Xavier Thames scored 16 points, four on free throws in the closing seconds, and No. 21 San Diego State held on to beat No. 16 Kansas 61-57 on Sunday, ending the Jayhawks' 68-game non-conference winning streak at Allen Fieldhouse. Skylar Spencer finished with 13 points for the Aztecs and Andrew Wiggins had 14 for Kansas. **THE ASSOCIATED PRESS**

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